yogaworks

class schedule september 16 - january 12 , 2014
eastside
1319 third avenue, 2nd floor (btwn 75th & 76th streets)
212.650.9642 • yogaworks.com

MONDAY

7:15-8:15	**Hatha Yoga 1/2♫** Cathy Lilly
9:15-10:30	**Hatha Yoga 1/2♫** Shell Merrill
10:45-11:45	**Prenatal** Amy Shachat
12:00-1:15	**YW Flow 2** Ann Mosca
1:30-2:30	**Vinyasa Flow 2** John Ford
3:00-4:15	**Gentle Yoga** Elizabeth Neuse Flint
4:30-5:45	**YW Flow 2** Ann Mosca
6:00-7:15	**Vinyasa Flow 2/3♫** Katherine Shapiro
6:15-7:15	**Prenatal*** Melissa Bourgeois
7:30-8:45	**Hatha Yoga 1/2** Kelly Eudailey

TUESDAY

8:15-9:15	**Gentle Yoga♫** Dilshad Keshwani
9:30-10:45	**Vinyasa Flow 2♫** Lisa Bennett Matkin
11:00-12:00	**Hatha Yoga 1** Rise Van Doosselaere
12:30-1:30	**Hatha Yoga 1/2♫** Lisa Bennett Matkin
2:00-3:15	**Hatha Yoga 1/2** Laura Petrenko★
4:30-5:45	**Hatha Yoga 1/2** Donna Boss
6:00-7:15	**Vinyasa Flow 2♫** Lisa Zaloga
6:15-7:15	**Prenatal*** Margie Suvalle Fischel
7:30-8:45	**YogaWorks 1/2♫** Dani Zuccheri

WEDNESDAY

7:15-8:15	**YW Cardio Flow® 2♫** Yuval Samburski
9:15-10:30	**Hatha Yoga 1/2♫** Jackie Peresman
10:45-11:45	**Prenatal** Amy Shachat
12:00-1:00	**Hatha Yoga 2♫** Stephanie Ervin
1:30-2:30	**Vinyasa Flow 2** John Ford
3:00-4:15	**Gentle Yoga** Dilshad Keshwani
4:30-5:45	**YW Flow 2** Ann Mosca
6:00-7:15	**Vinyasa Flow 2/3♫** Katherine Shapiro
6:15-7:15	**YogaWorks 1*** Kara Sekuler
6:45-7:45	**Prenatal**** Margie Suvalle Fischel
7:30-8:45	**Hatha Yoga 1/2** Kelly Eudailey

THURSDAY

8:15-9:15	**Gentle Yoga ♫** Dilshad Keshwani
9:30-10:45	**Vinyasa Flow 2♫** Lisa Bennett Matkin
11:00-12:00	**YogaWorks 1** Jocelyn Casey-Whiteman
12:30-1:30	**Hatha Yoga 1/2♫** Lisa Bennett Matkin
3:00-4:15	**Urban Zen 1** Kirtan Smith
4:30-5:45	**Hatha Yoga 1/2** Donna Boss
6:00-7:15	**Vinyasa Flow 2♫** Lisa Zaloga
6:15-7:15	**Prenatal*** Margie Suvalle Fischel
7:30-8:45	**YogaWorks 1/2♫** Dani Zuccheri
7:30-8:30	**Hatha Yoga 1** Hollis Lewis

FRIDAY

7:15-8:15	**YW Cardio Flow® 2♫** Yuval Samburski
9:15-10:30	**Hatha Yoga 1/2♫** Shell Merrill
10:45-11:45	**Restoratives** Anna Hughes Dioguardi
12:00-1:15	**YW Flow 2** Ann Mosca
3:00-4:15	**Gentle Yoga♫** Sara Beaudry
4:30-5:45	**Hatha Yoga 1/2** Donna Boss
6:15-7:15	**Prenatal*** Melissa Bourgeois
6:30-7:45	**Hatha Yoga 1/2** Kara Sekular

SATURDAY

8:30-9:45	**Vinyasa Flow 2♫** Brian Silvestry
10:00-10:50	**Fundamentals of Yoga*** Stephanie Ervin
10:00-11:15	**Hatha Yoga 1/2** Kara Sekular
11:45-1:00	**Prenatal** Jackie Peresman
1:30-2:45	**Vinyasa Flow 2/3♫** Hollis Lewis
3:30-4:45	**Hatha Yoga 1** Pat Cohen
5:00-6:15	**Hatha Yoga 2** Kara Sekular

SUNDAY

8:30-9:45	**Hatha Yoga 1♫** Shell Merrill
10:00-11:30	**Vinyasa Flow 2♫** Danielle Lee
11:45-1:00	**Hatha Yoga 1/2♫** Sissy St. John
1:30-3:00	**Vinyasa Flow 2/3♫** Farran Powell
3:30-4:45	**YW Flow 2** Ann Mosca
5:00-6:00	**YW Cardio Flow® 2LJ** Cathy Lilly
6:15-7:15	**Restoratives*** Bridget Shields

LEGEND

- * Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ** Class size limited, pre-registration required. Class is held at a different location.
- ♫ Led by music
- ★ Class taught by a recent YogaWorks 500 hour Teacher Training Graduate .

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